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CLAIMS

- of yeast and/or bacteria in long fermentation systems, which comprises the steps of adding a sufficiently effective amount of a an ingredient formulation comprising a free amino acid blend to a fermentation system, said amino acid blend comprising at least one amino acid selected from the group consisting of Leucine, Valine, Iso-Leucine and Phenylalanine.
- 2. The method of claim 1, wherein the amino acid blend comprises at least Phenylanine.
 - 3. The method of claim 1, wherein the amino acid blend comprises at least Leucine, Valine, Iso-Leucine and Phenylalanine.
- 15 4. The method according to any of the preceding claims, wherein the amino acid ratio of said blend is: Leucine: 0 to 4; Valine: 0 to 3; Iso-Leucine: 0 to 3; and Phenylalanine 0 to 3.
- 5. The method according to claim 4, wherein the amino acid ratio of said blend is: Leucine: 2; Valine: 0.6; Iso-Leucine: 0.5; and Phenylalanine 0.5.
 - 6. The method according to any of the preceding claims, wherein the dosage of the blend of amino acids is at least 0.001 %, preferably at least 0.05 % (on total flour) in the final product.

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- 7. The method according to any of the preceding claims, wherein the dosage of the blend of amino acids is about 0.0375% on total flour of a bakery product.
- 8. The method according to claim 1, wherein 30 the amino acid blend is added to a pre-dough system or a sourdough system.

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9. The method according to claim 3, wherein the sourdough is a fresh or a dried sourdough.

- 10. The method according to any of the preceding claims, wherein the amino acid blend is obtained from a protein hydrolysate.
- preceding claims, wherein the amino acid blend is added to raw materials used in fermentation systems such as flour, malt extract, wheat or other germs, a fermentable carbon source, bran or malt.
 - 12. The method according to any of the preceding claims, which further comprises the step of adding other enhancers of the flavor metabolism, other flavor enhancers and/or yeast.
- 13. The method according to any of the preceding claims, which further comprises the step of adding a carbon source.
 - 14. The method according to any of the preceding claims, which further comprises the step of adding specific enzymes such as protease, transaminase, carboxylase, dehydrogenase, esterase.
 - 15. The method according to any of the preceding claims, which further comprises the step of adding a protein hydrolysate.
 - 16. A fermentation product obtainable via any of the preceding methods.

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17. An ingredient formulation comprising a free amino acid blend to a fermentation system, said amino acid blend comprising at least one amino acid selected from the group consisting of Leucine, Valine, Iso-Leucine and Phenylalanine.

- 18. The ingredient formulation according to claim 17, wherein the amino acid blend comprises at least Phenylanine.
- 19. The ingredient formulation according to claim 17, wherein the amino acid blend comprises at least Leucine, Valine, Iso-Leucine and Phenylalanine.
- 20. The ingredient formulation according to any of claims 17 to 19, wherein the amino acid ratio of said blend is: Leucine: 0 to 4; Valine: 0 to 3; Iso-Leucine: 0 to 10 3; and Phenylalanine 0 to 3.
 - 21. The ingredient formulation according to claim 20, wherein the amino acid ratio of said blend is: Leucine: 2; Valine: 0.6; Iso-Leucine: 0.5; and Phenylalanine 0.5.
- 22. A dry ingredient formulation according to any of claims 17 to 21, with a dry matter content of at least 90%.
 - 23. A combination of the ingredient formulation according to any of claims 17 to 21 with yeast and possibly a sourdough.
 - 24. The combination according to claim 23, wherein the combination has a dry matter content of at least 90%.
- 25. The combination according to claim 23 or 25 24, produced by co-extrusion or dry blending.
 - 26. The ingredient formulation according to claim 22 or the combination according to any of claims 23 to 25 which is vacuum packed.